

# Contents

<b>Introduction</b>	1
<b>1</b> Discover the Power Behind Power Tools	9
<b>2</b> Build a Foundation with Retrieval Practice	25
<b>3</b> Empower Teaching with Retrieval Practice Strategies	55
<b>4</b> Energize Learning with Spacing and Interleaving	93
<b>5</b> Engage Students with Feedback-Driven Metacognition	123
<b>6</b> Combine Power Tools and Harness Your Toolbox	153
<b>7</b> Keeping It Real: Use Power Tools to Tackle Challenges, <i>Not</i> Add to Them	179
<b>8</b> Foster a Supportive Environment: Use Power Tools to Reduce Anxiety and Strengthen Community	205
<b>9</b> Spark Conversations with Students About the Science of Learning	227
<b>10</b> Spark Conversations with Parents About the Science of Learning	265

<b>11</b>	Powerful Professional Development for Teachers and Leaders	279
<b>12</b>	Do It Yourself Retrieval Guide	303
<b>Conclusion</b>	Unleash the Science of Learning	327
	Acknowledgments	329
	Name Index	331
	Subject Index	335